

WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
6-7							
7-8							
8-9							
9-10							
10-11	Full Body Gym	Solo Soccer Plyometrics	Soccer Strength-Endurance		Bodyweight Explosive Session		
11-12	Full Body Gym	Solo Soccer Plyometrics	Soccer Strength-Endurance		Bodyweight Explosive Session		
AFTERNOON							
12-1	Full Body Gym	Linear Speed Sprints	Soccer Strength-Endurance		Bodyweight Explosive Session		
1-2	Full Body Gym	Linear Speed Sprints	Soccer Strength-Endurance		Bodyweight Explosive Session		
2-3	Full Body Gym	Core/Stability (Optional)	Core/Stability		Footwork & Agility		
3-4	Full Body Gym	Cool-Down & Stretch	Acceleration-Specific Extras		Core Explosiveness		

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EVENING

